



Land Aerobic/Fitness Classes

Revised
9/6/2006

Subject to change at any time



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
5:45 AM	5:30-6:30 Circuit Lisa	Cycling Shanna		Cycling Shanna	5:30-6:15 Weights Lisa	
8:00 AM						Muscle Max Marlene
9:00 AM	Step Jeni	9:15-10:15 Yoga Katarina	Cardio Combo Jessie	9:15-10:15 Yoga Katarina	Cardio Combo Jessie	
Evening						
5:00 PM	Pilates Shanna		Buns & Abs Lisa			
5:30 PM			Cardio Combo Lisa	Core Combo Jessie		
6:00 PM	Cycling Shanna			Cycling Jessie		
7:00 PM	Yoga Denise	Kickboxing Combo Marlene	6:30-7:30 Yoga Denise	Kickboxing Combo Marlene		
8:00 PM		Muscle Max Marlene		Muscle Max Marlene		

<*This Schedule is subject to change at anytime without notice.*>

<*Please continue to check flier or web for updated schedules and prices.*>

	Single Visit	10 Punch Pass	Month Pass
Pass Holder	\$3.00	\$20.00	\$20.00
Resident	\$4.00	\$27.00	\$25.00
Non-Resident	\$5.00	\$34.00	\$30.00
Senior Resident	\$3.00	\$20.00	\$20.00
Senior Non-Resident	\$4.00	\$27.00	\$25.00



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